



**GREEN
CHEF**

HARISSA CHICKPEA STEW WITH ZA'ATAR PITAS

kale, carrots, tomatoes, roasted red peppers, cilantro

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

680

MENU

VEGAN // FAST & FIT

This vegan stew is the edible version of curling up in a big cozy blanket. You'll start by cooking yellow onions and ginger, tender carrots, and chickpeas with harissa seasoning. Next, you'll add fresh kale, fragrant garlic, and sweet roasted red peppers, then simmer it all in a savory-sweet tomato and vegetable broth. And because every stew needs a scoopable side, there are also za'atar-toasted pita chips for dunking.

INGREDIENTS (12 ITEMS)

13¼ oz	Garbanzo beans (chickpeas)
2¾ oz	Green kale
¼ oz	Garlic
2 whole	Whole-wheat pita breads <small>W</small>
¼ oz	Cilantro
2 oz & ½ oz	Yellow onions & ginger
4 oz	Carrots
1 tsp	Harissa seasoning
2¼ oz	Roasted red peppers
7¾ oz	Ground tomatoes
2 whole	Vegetable stock concentrates
1 tsp	Za'atar seasoning

WHAT YOU'LL NEED

medium pot
baking sheet
small bowl
measuring cup & spoons
strainer
oven mitt
cooking & olive oils
½ tsp sweetener
salt & pepper

ALLERGENS

W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 425 degrees.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.
- Mince **garlic**.
- Quarter **whole-wheat pita breads**.
- De-stem **cilantro**; roughly chop leaves.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

***The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

START STEW

- Heat 1 tablespoon cooking oil in a medium pot over medium-high heat. Add **yellow onions and ginger, carrots, and chickpeas** to hot pot. Cook 6-8 minutes, or until chickpeas are lightly browned, stirring occasionally.*
- Season with **harissa seasoning**, ¼ teaspoon salt, and a pinch of pepper. Stir to combine.

**If the pot seems dry, add a splash of water.*

3

FINISH STEW

- Add **kale, garlic, and roasted red peppers** to pot. Stir to combine. Cook 1-2 minutes, or until kale begins to wilt, stirring occasionally.
- Reduce heat to medium. Add **ground tomatoes, vegetable stock concentrates**, about half the **cilantro**, ½ teaspoon of your preferred sweetener, and about 2 cups water. Cook 4-5 minutes, or until liquid has reduced slightly, stirring occasionally. Remove from heat. Season with salt and pepper to taste.*

**Taste the stew after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

4

MAKE ZA'ATAR OIL

- Place 2 tablespoons olive oil in a small bowl. Add **za'atar seasoning** to taste. Lightly season with salt and pepper. Stir to combine.

5

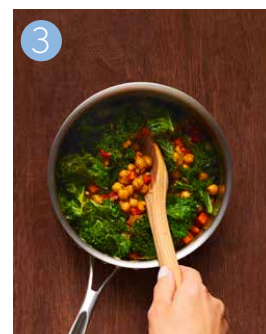
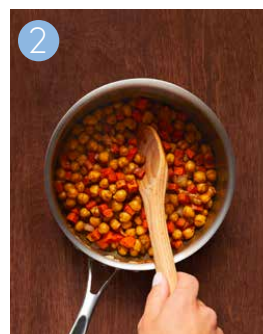
TOAST PITAS

- Place **pitas** on a lightly oiled, foil-lined baking sheet. Brush with **za'atar oil**. Toast 3-4 minutes, or until evenly browned. Lightly season with salt.

6

PLATE YOUR DISH

- Divide **harissa chickpea stew** between bowls. Garnish with remaining **cilantro**. Serve **za'atar pitas** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (561g)

Amount per serving

Calories 550

	% Daily Value*
Total Fat 26g	33%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1600mg	70%
Total Carbohydrate 95g	35%
Dietary Fiber 20g	71%
Total Sugars 22g	
Includes 6g Added Sugars	12%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 200mg	15%
Iron 9mg	50%
Potassium 1524mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Garbanzo Beans (Chickpeas) [chickpeas, water, salt, ascorbic acid], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Cilantro**, **Ground Tomatoes** [organic tomatoes, organic tomato puree, sea salt, citric acid], **Roasted Red Peppers** [bell pepper], **Garlic**, **Whole-Wheat Pita Breads** [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate], **Za'atar Seasoning** [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], **Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Green Kale**, **Carrots**

Allergen information:

Contains Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

